**Daily Warm Up:**

-1 minute jog around the Gym-

-Stay in Line-

-Stretching-

1. Right Arm Across
2. Left Arm Across
3. Touch Your Toes
4. Right Foot In – L Seat
5. Left Foot In – L Seat
6. Heels Together – Butterfly
7. Criss Cross – Lower Back
8. Spinal Twist Left
9. Spinal Twist Right